

REPORT TO TASK FORCE, FARIBAULT STATE SCHOOL AND HOSPITAL

NOVEMBER 20, 1959

E. J. Engberg, M.D., Superintendent

We wish to welcome you and to express the hope that your visit today will provide information that will be interesting and helpful in accomplishing your objectives. We shall endeavor to give a description of our program, mention improvements that have been made since the studies by the Task Force in 1955, and state some of our problems. I plan to add some comments to this report and to provide whatever further information you may request.

- Our patients, except for those who came in on application prior to passage of the commitment law in 1917, have been committed to the Commissioner of Public Welfare and as such are permanent wards of the State. Their status, therefore, differs from that of patients in the State Hospitals for the Mentally Ill who enter as voluntary patients or are committed by Probate Courts to the Superintendent of the specified Hospital.

In common with the national experience of population trends in institutions for mentally retarded, we are admitting an increasing ratio of young, helpless patients. This is particularly true here as well as at Cambridge and will also be true in Brainerd as in Minnesota the committed retarded children of school years instead of entering a general institution for mentally retarded, as in most other states, go to the Owatonna State School unless they have' serious additional handicaps, such as being crippled, deaf, blind, or are serious behavior problems when they come to one of us. - Therefore, our work load is becoming increasingly heavy and patient helpers fewer and less capable than in former years so there is a need for an increasing number of paid employees for the same number of patients. Our experience differs markedly from that of hospitals for the mentally ill as relatively few of our patients can return to their communities as entirely or partially self-supporting so most will spend the rest of their lives here. Our desire and objective is to provide a community setting that will establish a manner of life that is as complete and satisfying as is possible. We believe our patients have the basic needs of all other human beings including not only food, shelter and clothing, but an opportunity to develop physically, mentally and emotionally to their full capacity even for those severely retarded. Though understanding is limited and learning capacity reduced, our patients need and respond best to understanding, acceptance and affection. We believe such a policy not only serves the welfare of our patients and meets the state's responsibility to her wards but also reassures and comforts members of their families when they cannot adequately meet the needs of dear ones in their own homes.

Population

The following tabulations show (1) the ages of resident patients on 10-25-59 and

(2) ages at death of patients in the institution from 1-1-56 to 10-25-59:

Ages of Resident Patients 10-25-59

| | <u>Ave. Age</u> | <u>Med. Age</u> | <u>% under 10</u> | <u>% over 65</u> |
|-----------------------|-----------------|-----------------|-------------------|------------------|
| Total Care Pts. (402) | 27.0 | 23.4 | 16.7% | 4.7% |
| All other Pts. (2914) | 31.6 | | 5.7 | 3.3 |
| Total Pts. (3316) | 31.0 | | 7.0 | 3.9 |
| <hr/> | | | | |
| (U.S. Pop. 1958 | 30.0 | | 20.0 | 8.6) |

Ages at Death in Institution from 1-1-56 to 10-25-59

| | <u>Ave. Age</u> | <u>Med. Age</u> | <u>% under 10</u> | <u>% over 65</u> | <u>Ann. Death Rate</u> |
|----------------------|-----------------|-----------------|-------------------|------------------|------------------------|
| Total Care Pts. (67) | 18.1 | 14 | 40% | 2% | 4.4% |
| All other Pts. (106) | 47.4 | 48 | 4 | 26 | 0.96 |
| All Deaths (173) | 36.0 | 35 | 16 | 16 | 1.4 |
| <hr/> | | | | | |
| (U.S. Pop. 1958 | | | | | 0.95) |

The death, of 67 total care patients in the institution since 1-1-56, indicates a median age of 14 with sub-lethal conditions predominating in the 40% of all under CA 10 (meningocoele, hydrocephalus, bulbar CP's). However, the average age of the 402 patients living is 27 and we could expect the longevity of this large group to go beyond the average age of 30 in the general population of the United States.

During the past year and a half we have transferred a total of 300 patients to Brainerd and to Cambridge and admitted patients of a similar type from the waiting list as replacements. Early next year we plan to transfer 210 patients to Brainerd of whom all but 20 bedfast patients will be ambulatory men and women. Replacements will come to us from the waiting list which will necessitate a re-adjustment of the types of patients within the institution as one-fourth of the waiting list of about 1,200 patients consists of non-ambulatory patients and three-fourths of the total list consists of patients under the age of 10. These population trends have implications for our future building program also in that when our old, large, congregate, multi-story buildings are replaced this should be by smaller units preferably on the ground floor in order to provide facilities for an ever increasing number of physically handicapped patients.

Immunization Program

Beginning in 1956 we added to the immunization program for patients polio vaccine for all those under 20 and are increasing this in the current year to include all patients under 40 years of age and also the annual administration of polyvalent influenza vaccine. The immunization program for employees has remained unchanged except that polyvalent flu vaccine is given to all requesting it and who pay a minimal charge to cover the cost. Employees have been encouraged to receive the

polio vaccine through arrangements with their family physician. There is an annual survey by the Mobile Chest X-ray Unit of all patients and employees and an annual survey of all patients with a negative Mantoux.

Laboratory Services

laboratory services have been increased. Monthly milk testing has been done on raw milk, that obtained from the pasteurizers, and also samples of milk taken from 22 dining rooms, 8 at random so that at the end of every three months every dining room will have furnished milk samples. The results of these tests have been excellent for the past several months after the initial period in the spring of 1958 when improperly kept milk or unsanitary conditions were quickly noted. Other procedures begun last year were the testing of sterile water, and tests for the sterility of the operating room autoclave together with monthly spore tests of autoclave efficiency.

The facilities of our clinical laboratory were immensely enhanced by the addition of a research laboratory established early last year with the help of special research funds. The new research procedures concentrating on Phenylketonuria have made many other quantitative determinations possible that could not be done in the clinical laboratory.

Pharmacy

The central supply operations were separated from the pharmacy last August.

Medical Records

In the past year standardized forms for all institutions for mentally retarded were adopted by the Department and are integrated into the numbering system of the state hospital records.

Social Service Department

Since the visit of the last Task Force two social workers have been added so that there are now three social workers under Miss Caroline Perkins who has been our social service worker for many years and now is director of the department. Much of the work has been intramural and psychotherapeutic, serving as an outlet for the patients' concern or criticism and helping them a great deal in their adjustment. Parents are encouraged to visit the institution prior to admission of patients and to maintain frequent contacts with the social workers in their visits thereafter. We participated in the summer college student-trainee program in 1958 which included one senior medical student and three junior social work students. During the past summer there were 2 juniors in social work and a graduate student social worker. They spent most of their time on a special project preparing information for possible placement of over 200 patients categorized for the type of extramural care they would need. Individual outlines were prepared and have given great impetus to our weekly Review Committee which considers possible patient placement outside or improving individual programs within the institution.

Personnel

Since the visit of the Task Force in 1955 our staff has been strengthened by the creation of two positions as assistants to the Superintendent, One is that of Director of Clinical Services filled December 28, 1955, by the appointment of Dr. Thorston Smith with several years of experience in the clinical and administrative fields in institutions for mentally retarded. The other is Director of Administrative Services, having the Civil Service classification of Assistant Hospital Superintendent. This was filled by the promotion of Mr. M. E. Krafve on July 16, 1956 who had been our Business Manager from August 1, 1947. We were fortunate to secure a qualified and experienced person in Mr. Charles H. Thurber who became Business Manager July 23, 1958.

A second graduate nurse instructor was added on February 17, 1958 for the In-Service Training Program and the program increased from 80 to 125 hours.

It is unfortunate that the labor market in this area is such that we are unable to fill all of our psychiatric aide trainee positions as these are sorely needed. It would be unfortunate if because of the inability to fill these positions they would be removed from our authorized roster of positions in the next session of the Legislature. Time is required to fill positions even under favorable employment conditions if selections are to be made carefully.

I believe that we have built up a strong staff of supervisory personnel by careful selections. An organization chart is attached as well as a list showing positions requested and those authorized by the 1959 Legislature.

We deeply appreciated the Legislature's appropriation for retroactive merit increases for our employees in the amount of \$3,488.00 permitting us to grant merit increases to those who were eligible as early as July 1, 1958 had funds been sufficient.

We would strongly recommend an employees handbook made up in a looseleaf manner in order to keep all employees adequately informed of the changes in institution policies, Home Office policies, Civil Service rules and regulations, etc. The Department is working on such a handbook and we hope it will be completed soon.

Dietary

The last session of the Legislature provided funds to increase the daily food allowance for raw food from 60 cents to 63 cents. However, butter is no longer available from Federal Surplus sources. If other funds cannot be made available to cover the butter cost, we shall have to make curtailments in other areas in order to meet this unforeseen expense.

Food distribution through the tunnel system continues to be a problem even though it has been alleviated to a great extent by extending overground food delivery. During the past summer we have opened two cafeterias, one in Ivy cottage, the other in Chippewa cottage, the former accommodating 480 patients, the latter accommodating 607, thereby eliminating eight dining rooms which were served by

underground tunnel delivery.

The menu has been substantially increased since July 1st because of the additional allowance for raw food.

Insect control has become a serious problem that is being studied carefully by the staff.

Refrigerated milk dispensers are being installed in all dining rooms to meet approved sanitary standards.

School Department

Our school program has been greatly improved since the opening of the new activities building. One hundred ninety-two patients are enrolled in formal school classes.

There are 11 authorized positions in our School Department including the School Principal as compared to 6 in September, 1955. At present we have 3 teacher vacancies,

Mr. Delbert Knack was appointed to the position of School Principal in October following the resignation of Mrs. Olive Lynch who had served as principal for a number of years.

Rehabilitation Therapy

An accelerated program in handicraft and recreation has been made possible since the opening of the new activities building. Approximately 400 patients are enrolled in handicraft activities. 1,538 are enrolled in Industrial Therapy as patient helpers. Approximately 75 per cent of the patient population participates in gymnasium and auditorium programs each week, with an equal number participating during the summer months when the majority of the recreational activities are conducted out of doors.

During the summer we were fortunate to fill a newly created Occupational Therapist II position. The medical department has assigned the first group of patients and will cooperate with her in carrying out a very important and valuable addition to our total program.

Library Services

Our new facilities in the Rogers Memorial Center have permitted us to enlarge on the library services and to add evening hours to accommodate the working patients.

Volunteer Services

The 1959 Legislature authorized the new position of Volunteer Services Coordinator which was filled last September by the appointment of Mrs. O. C. Stabbert. We have 66 volunteers in the religious program here and at Cwasso, with 56 of these participating in the Monday evening religious classes here which include

Catholic, Protestant and Jewish patients. A Girl Scout troop has just been organized under the direction of a volunteer. Ye have a great deal of entertainment by various organizations volunteering to provide programs throughout the year.

We are hoping that the gifts and volunteer services at Christmas time will equal that of recent years. Last year 890 groups and individuals delivered gifts directly to the institution. By careful count, 4,600 gifts came from Twin Cities collection depots. There were 6 TV sets, 20 portable radios, and 5 radio-phonographs. Total value of gifts last year was \$10,588. An additional \$1,327 was donated to the Christmas fund or the Chaplain's fund. Selections were made by our staff from 22,232 gifts and distributed to 3,090 patients. Volunteers from the Faribault Mrs. Jaycees and American Legion Auxiliary, devoted 60 hours to gift wrapping. Carolers from St. Mary's school in Faribault visited 5 infirmary buildings. Faribault's patient chorus sang in the lobby of the St. Paul Hotel, at Lake Owasso Children's Home and over KDHL. Our own Santa Claus, accompanied by patient carolers, spent 11 hours in visiting all the wards and dormitories. An impressive annual Christmas pageant was presented and Christmas parties were held for all patient workers, the largest being a sock-hop for 280 workers in food service. Church services were held on December 23 and again on Christmas Day. A ward-decorating contest drew 24 entries. The campus and buildings sparkled with 103 Christmas trees. 2,500 pounds of peanuts and 2,600 pounds of candy were distributed,

Chaplaincy Service.

Rev. Bert Streufert, our full time Chaplain, is doing an outstanding job in caring for the spiritual needs of the patients not only in the main institution but at Owasso as well. It is hoped that we can establish a chaplaincy training program at the institution in the future but this would require another chaplain on the staff to relieve Rev. Streufert of some of his present duties.

Farm

The land area of institution property is 1,217 acres. 120 acres are in the grounds proper, 297 in pasture, 68 in wild hay, 60 in garden, 264 in alfalfa, and 408 in forage crops. The farm operations are profitable and contribute substantially to the institution's food budget. We are planning on a multiple farrowing program to supply all the hogs necessary for pork through the year. This will require that we butcher about one hundred hogs each month. Ye are building up our milking herd and within a reasonable time shall be producing all of the milk required. The value of food products provided by the farm during the fiscal year ending in June of 1958 was in excess of \$120,000.

Buildings and Services

We wish to express appreciation to the Legislative Interim Commission to Study State Building Needs appointed in the 1955 session which submitted recommendations to the Legislature in January of 1957 and to the Legislative Building Commission appointed in the 1957 session which reported to the 1959 Legislature. Both did an excellent job in studying the needs of the institution with the result that

we gained much in acquiring new and improving old facilities.

The 1955 Legislature made an initial and the 1957 supplementary appropriations for a total of \$3,736,639 to raze and replace the old administration building with two 100 bed dormitories, one for each sex; a warehouse; an administration building; and an activities building, named Rogers Memorial Center in honor of Dr. Arthur C. Rogers, containing school rooms, library, patient store, handicraft rooms, an auditorium-gymnasium, employees' dining room and canteen. The 1955 Legislature also appropriated \$350,000 for rehabilitation and improvements in the Power Plant including two new boilers and a new 1,000 kilowatt generator. An extension to our dairy "barn" was completed in 1957. The 1957 Legislature appropriated funds for a new Paint Shop; for remodeling two old dining rooms into two modern cafeterias; \$140,000 for maintaining and fire-proofing seven cottages; for sorely needed separation rooms in the Dakota "building which houses hyperactive, severely retarded male patients; for installation of sidewalks (bids were opened this fall but project not started because of adverse weather); rebuilding a storm sewer at rear of kitchen; street lighting in East Grove Division area; \$11,700 for installing heating and ventilating equipment in Dakota building which proved to be insufficient but we expect that unexpended balances will become available from other projects when completed and which can be transferred to complete this project; replacement of obsolete plumbing in Dakota and Pern buildings for which contracts have been let; for moving the present employees garage in order to provide playground for patients in Dakota building and for which a requisition has been submitted.

The 1959 Legislature made the following appropriations: \$700,000 for the construction and equipment for a new laundry. This unit is sorely needed and will be planned to do laundry for the Braille and Sight Saving School, the School for the Deaf, and the Owatonna State School also. An appropriation of \$59,000 was made for fire-proofing several cottages as a continuing program to carry out the recommendations made by the engineering firm of Kline & Clark in 1952; \$100,000 for replacement of the present water storage tower which has been in service since 1914; \$6,000 for a freshening barn-; \$20,000 for extending the kitchen loading platform, grading, blacktopping, curb and gutter, etc.; \$7,000 for demolishing the portion of Haven cottage damaged by fire last spring and for repairing and converting the undamaged east portion to provide a dining room for Glen and Lind cottages adjacent to it. Bids have been accepted but as yet a contract has not been processed. It is hoped that this project can soon be completed so patients will not be required to walk to Hickory building for their meals all winter.

Future Building Plans

We are at present preparing for the next visit of the Building Commission. It is planned to request two dormitories for men to replace Huron, Lind, Glen and Grandview cottages; for one dormitory for women to replace Iris and Daisy cottages; an architectural study to determine placement and type of future dormitories; for a new kitchen with an architectural and engineering study to determine the type of unit or units which should be considered to improve our food preparation and service; for additional staff residences; for an industrial building to accommodate the Mattress, Tailor and Shoe Shops; and for a Chapel for funerals and to serve varied religious purposes; continuance of the project for rewiring and for

installation of heating control devices in several of the older buildings; for grading and hard-topping of service roads; replacement of some unsatisfactory floors in Pine and Spruce cottages; and for enclosing the west porch of Dakota cottage to provide more dayroom space and for activities.

We are also requesting a new steam-turbine 1,600 KW. generator as our peak loads are already exceeding the normal capacity of the present equipment. The present generating equipment would serve as standby when the new generator was out of service. We provide current as well as steam to the adjacent Braille & Sight Saving School in addition to meeting our own needs.

Building Maintenance

In general the maintenance in our buildings is good even though many buildings are very old. Much of the plumbing is obsolete and frequent replacements are necessary especially as replacement parts are no longer available for many of the old fixtures. There is a considerable backlog in painting. To meet this need we have obtained one additional painter on our permanent staff and have three additional painters hired on a project-labor basis. It is hoped that we can continue the project-labor until we can get caught up with our painting.

Problems

The morbidity rates have been very low for patients of our type. The tuberculosis control program for the institution and Department has been so effective that our case load of active tuberculosis cases has been reduced from 50 which it was only five years ago to 16 inactive cases. Our backlog of surgical cases has been cleared so only emergency and routine elective surgery is necessary. Special cases presenting unusual diagnostic problems or unusual surgery are transferred to Rochester as they occur and this service has been invaluable and greatly appreciated. However, we have as continuing problems those of the control of shigellosis, of hepatitis and of staphylococcal infections, all involving good personal hygiene and sanitation. These diseases are a special threat to our severely retarded patients who must be taught the habits of hand washing after toileting and before going to meals. Many are unable to learn this thoroughly and, therefore, require constant supervision of these necessary activities. Proper isolation techniques have been made a very important part of our in-service training programs in an effort to control these infectious diseases as effectively as possible. The problem of severe behavior disorders has been materially reduced since the use of tranquilizing drugs was started in 1956. With minor fluctuations, about 10 per cent of our population is receiving such therapy.

Recruitment continues to be a problem for us. Attached is a list of unfilled positions. These vacancies, you will note, are mostly in the aide trainee and professional areas. The labor market in this area is such that we are still unable to fill all of our psychiatric aide trainee positions. It would be indeed unfortunate if, because of the inability to fill these positions, they would be removed from our roster of authorized positions by the next legislature. Special efforts to recruit for all vacancies are being made and are meeting with some success.

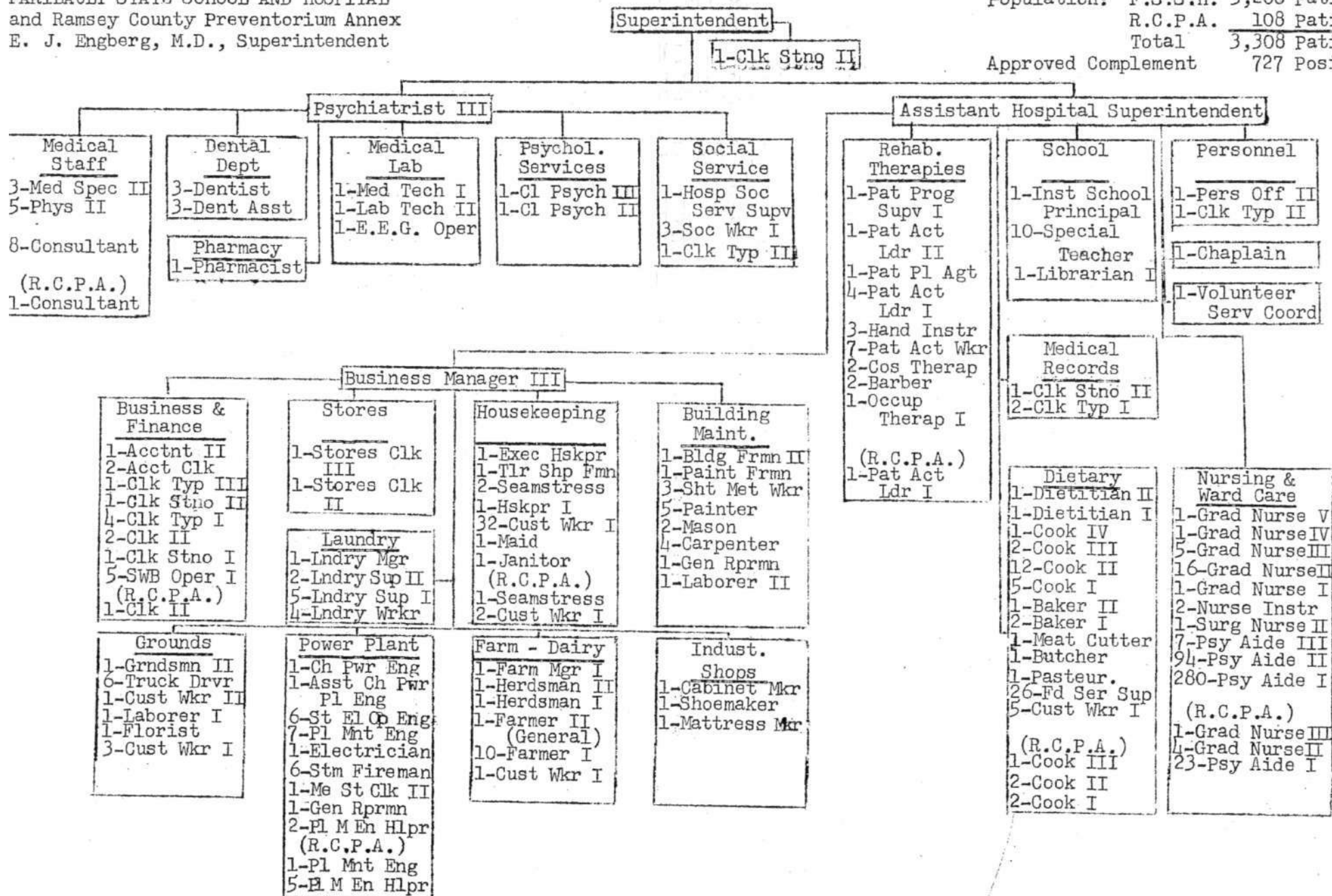
We shall have some serious problems because of inadequate appropriations for our

current expenses for this biennium. Following the adjournment of the Legislature we estimated that there would be a deficiency of about \$75,000 a year if we were to maintain programs at previous levels and to add some of the moderate improvements we had desired. The estimated deficiency will be increased by the need to purchase the butter formerly furnished from federal surplus. This will amount to about \$28,000 for the balance of this and about \$37,000 for the next fiscal year.. The Department has assured us that they will endeavor to provide as much assistance as possible from the contingent funds appropriated to meet emergencies.

We shall do our best to serve the needs of those entrusted to our care within the total resources that will be available for that purpose.

FARIBAULT STATE SCHOOL AND HOSPITAL
and Ramsey County Preventorium Annex
E. J. Engberg, M.D., Superintendent

Population: F.S.S.H. 3,200 Patients
R.C.P.A. 108 Patients
Total 3,308 Patients
Approved Complement 727 Positions



Personnel Request 1959-61 Biennium

| | Our Request to DPW | DPW Recommendation | Governor's Recommendations | Legislative Allowance |
|---------------------------|-----------------------|-----------------------|-------------------------------|--------------------------|
| Medical Specialist II | 0 | 2 | 2 | 2 |
| Physician II | 2 | 0 | 0 | 0 |
| Medical Technologist I | 1 | 0 | 0 | 0 |
| Clinical Psychologist II | 1 | 1 | 0 | 0 |
| Clinical Psychologist I | 1 | 0 | 0 | 0 |
| Special Teacher | 7 | 7 | 4 | 4 |
| Volunteer Co-ordinator I | 1 | 1 | 1 | 1 |
| Occupational Therapist II | 1 | 1 | 0 | 0 |
| Handicraft Instructor | 1 | 0 | 0 | 0 |
| Barber | 1 | 0 | 0 | 0 |
| Cosmetic Therapist | 1 | 1 | 1 | 1 |
| Patient Activities Worker | 1 | 1 | 0 | 0 |
| Cook III | 1 | 1 | 0 | 0 |
| Baker I | 2 | 0 | 0 | 0 |
| Pood Service Supervisor | 13 | 13 | 3 | 2 |
| Cook I | 6 | 0 | 0 | 0 |
| Custodial Worker I | 9 | 0 | 0 | 0 |
| Graduate Nurse II | 3 | 3 | 3 | 3 |
| Psychiatric Aide II | 9 | 0 | 0 | 0 |
| Psychiatric Aide I | 54 | 24 | 9 | 9 |
| Plant Maint. Eng. Helper | 1 | 0 | 0 | 0 |
| Sheet Metal Worker | 1 | 1 | 1 | 1 |
| Painter | 2 | 1 | 1 | 1 |
| Janitor | 3 | 1 | 1 | 1 |
| Laundry Worker | 7 | 4 | 2 | 2 |
| Truck Driver | 1 | 1 | 1 | 1 |
| Clerk Typist I | 3 | 3 | 1 | 1 |
| Social Worker II | 1 | 3 | 0 | 0 |
| Social Worker I | 2 | 0 | 0 | 0 |
| Medical Technologist II | 0 | 1 | 0 | 0 |
| | 136 | 70 | 30 | 29 |

Filled by Substitution

** Includes 3 Teachers who were approved temporarily 1957 L.A.C.

FARIBAULT STATE SCHOOL AND HOSPITAL

Vacancies existing on Personnel Roster as of the payroll period ending 11-17-59

| | | | |
|----------------------------|------|-----------------------|---|
| Sunnyside | | <u>Others</u> | |
| None | | Clerk Typist I | 2 |
| | | Executive Housekeeper | 1 |
| Grandview | | Medical Specialist II | 2 |
| Psychiatric Aide I | 1 | Physician II | 1 |
| | | Special Teacher | 3 |
| Greenacres | | Patient Act. Worker | 1 |
| Psychiatric Aide I | 2 | Food Serv. Supvr. | 1 |
| | | Psychiatric Aide I | 8 |
| East Grove | | | |
| Psychiatric Aide I | 3 | | |
| | | | |
| Psychiatric Aide II | 1 | | |
| Skinner | | | |
| Psychiatric Aide I | 2 | | |
| | | | |
| Psychiatric Aide II | 1 | | |
| Hospital | | | |
| Psychiatric Aide I | 2 | | |
| Grad. Nurse I | 1 | | |
| Grad. Nurse II | 2 | | |
| Total vacancies | 34 | | |
| Total authorized positions | 683 | | |
| Percentage of vacancies | 5.0% | | |

Lake Owasso

| | |
|----------------------------|------|
| Psychiatric Aide I | |
| Grad. Nurse II | |
| Total vacancies | 3 |
| Total authorized positions | |
| Percentage of vacancies | 6.8% |